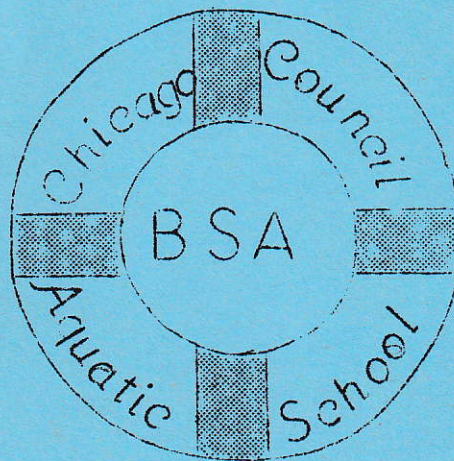


Chicago Council Aquatic School

Boy Scouts of America

TRAINING SERVICE
Jim Connell, Director

Under the Auspices of the
CHICAGO CHAPTER, AMERICAN RED CROSS
James Carnahan, Director



A TEACHING MANUAL

- I SWIMMING FOR NON-SWIMMERS AND BEGINNERS
- II CORRECTIVE SWIMMING
- III RESCUE METHODS
- IV BOATING
- V CANOING

Prepared especially for _____

Compiled by:
ROBERT E. PEGEL
Program Director
Owasippe Scout Camps
(75-53)

Course Outline

FOREWARD

Methods of teaching swimming are judged by their success in teaching fundamental skills (read understandingly pages 1 to 32 ARC Instructor's Manual).

These are the seven such skills which we as teachers of swimming must get across if we are to succeed in our job.

1. Adjustment to the water
2. Proper breathing
3. Control of body and initial safety
4. Plunging, coasting or gliding
5. Leg movement
6. Arm movement
7. Coordination

I. METHOD OF SAFETY CONTROL - Control boards - buddy tags - buddy checks, etc.

II. TYPICAL LESSON PLAN - See ARC Instructor's Manual

1. Warm-up period - To fix attention and create group consciousness
To become aware of unity of purpose
To stimulate circulation
To teach mastering of swim movements
(Don't prolong this period after objective is obtained).
2. Explanation and Demonstration of lesson content.
3. Practice period for new skills to be learned; also how to teach same to Scouts.
 - a. Divide into squads, give each member a chance to take charge
 - b. Mass drill
 - c. Individual correction and comment
 - d. Repetition of explanation and demonstration (if necessary).
4. Tapering off period by means of:
 - a. Free swim
 - b. Stunts
 - c. Games
 - d. Informal competition

III. THE OWASIPPE AQUATIC MANUAL SHOULD BE CONSULTED FOR METHODS OF WATERFRONT ORGANIZATION AND PROGRAM

Instructor's Notes

Teaching those who can
NOT swim fifty feet

Objectives

- a. Overcoming fear of the water.
- b. Adjust breathing to added water pressure (using mouth and nose for breathing).
- c. Opening eyes under water
 Hunt objects
 Buddy game - How many fingers showing
 (See games & aids list)

How to teach buoyancy, body position, balance and relaxation.
(Acquiring confidence)

Teaching propulsive movement and changing position

Teaching the coordinated stroke

Demonstration & PracticeFirst phase of learning

1. Teach physical and mental adjustment to the water.

Second phase of learning

1. Jelly fish float
2. Prone float and recovery to standing position
3. Back float and recovery to standing position
4. Teach rhythmic breathing by "bobbing"

Third phase of learning

1. Prone glide (suggest using buddies each helping the other).
 Without assistance
 try for distance
2. Kick glide
 for distance
 for speed
 for form
3. Kick glide on back
 with assistance
 without assistance
 for distance, speed, form
4. Arm stroking
 - a. on back - finning,
 with assistance
 without assistance
 - b. Prone - dog paddle (add barking,
 which will cause breathing)

Fourth phase of learning

1. Prone position
 - a. Opposite leg and arm movement - face in water - holding breath
 - b. Two leg kicks to one arm stroke - face out of water and breathing through mouth and nose
 - c. Same as two - bring arms out of water

Instructor's NotesWater Entries

Teach Safety Skills
Very important
Every Scout a Life Saver

Demonstration & Practice

2. Back position - at first with assistance then without.
 - a. Finning with arms and flutter kick the legs
3. Changing position
 - a. Prone to back
 - b. Back to prone
4. Changing direction - (sharp turns)

Fifth phase of learning

1. Jumping in - hold nose
 - a. Waist deep water - from side of pool - jump thrust off of bottom - level off and swim
 - b. Same, in chest deep water - swim in prone position.
 - c. Same, in head deep water - swim in prone position.
 - d. Repeat above and swim on back
 - e. Repeat above from diving board
2. Diving
 - a. Porpoise diving from bottom of pool - waist or chest deep
 - b. Sitting front dive
 - c. Kneeling front dive
 - d. Standing front dive

Sixth phase of learning

1. Release of cramp
In shallow water first - then in deep water.
 - a. calf
 - b. foot
2. Assist a non-swimmer to his feet
3. Reaching assists
 - a. Pole - rope - towel or clothing, etc.
 - b. Human chain
 - c. Float assist
 - d. Ring buoy - torpedo buoy - plank, etc.

Instructor's Notes

Boy Scouts of America
Beginner's Test - 50 feet

Then with further work on
stroke coordination,
breathing and developing
endurance, the student
will be ready for the next
test.

Boy Scouts of America
First Class - 50 yard
Swim Test

Getting accustomed to waterDemonstration & Practice

4. Artificial respiration

Hold nose, jump feet first into water
over own depth, level off, swim 25 feet,
make a sharp turn and return 25 feet.
Guard prepared to assist with reach
pole in Life Boat.

Hold nose, jump feet first into water
over own depth, level off, swim 25
yards, make sharp turn, and return 25
yards. Guard prepared to assist with
reach pole while in Life Boat.

1. Find white washer under water
2. Two groups - port crew - starboard crew
3. Ten seconds face under water -
counting fingers
4. Potato races - potatoes under water,
place marked by poles
5. Treasure hunt
6. Candy hunts
7. Horse and rider
8. Walking races without use of hands -
waist deep - neck deep blowing small
sail boat (race)
9. Splashing back to back
10. Hand-walking race in shallow water
11. Walking races using hands to help
move forward
12. Wheelbarrow race chest deep - forward
man using arms - feet held by buddy
13. Baseball
14. Face down float plus kick races
("steamboat")
15. Kick splash
16. Hand-walking plus kick race
17. Kick race holding board or ball in
hands to hold head up
18. Two man race - hold hands - first
man walks backwards dragging second
who uses kick
19. Swimming races for distance -
50 feet for form and time
20. Obstacle races - swim - find washer
under water, walk and finish swimming
21. Touchtag under water
22. Jump feet first into water
23. Poison ball
24. Dive through legs

25. Spinning wheel
26. Chariot race (2 boys hold pole - one at each end) 2 or 4 boys hold onto pole

GAMES AND AIDS FOR BEGINNERS

1. Water polo
2. Baseball - football - volley ball
3. Form races - for each step in instruction of stroke
4. Horse and rider
5. Plunge for distance and dive
6. Surface dive for objects
7. Crab swimming
8. Torpedo swimming
9. Steamboat
10. Log rolling - body on log
11. Look out
12. Somersaults
13. Swim carrying bamboo-pole
14. Swim pushing boats - occupied
15. Towel race - throwing towel - rescue
16. Polo ball swim
17. Log pushing
18. Tug of war - Pom Pom Pull away
19. Chariot race. Arm locked with buddy - race - side stroke or crawl
20. Swim (crawl), float, side, back, race
21. Hand wrestling, in water
22. Black and white - board - tag
23. Water basketball
24. Water schlagg ball - large ball - push ball
25. Poison ball

Tread Water

GAMES FOR SWIMMERS

1. Marching in the water
2. Threading the needle
3. Paddle race
4. Baseball
5. Polo
6. Football
7. Pom Pom Pull away
8. Carrying races
9. Demonstration teams
10. Swim paddle to shore race
11. Feet tied race
12. Tandem swim race - alligator
13. Towel race
14. Tug of war
15. Boat pushing

16. Canoe end race - hand paddle
17. Pole carrying relay races
18. Swim - carrying race
19. Dive for apples - coming up under
20. Breaking holds, carrying, blocking
21. Water tactics - floating forms
22. Upstream swim
23. Whistle tag
24. Black and white (slab)
25. Water basketball
26. Water schlagg ball
27. Poison ball
28. Pigeon - sit on edge of dock like
Pom Pom pull away
29. Dog paddle

CHICAGO COUNCIL AQUATIC SCHOOL

Boy Scouts of America

Under the Auspices of the
CHICAGO CHAPTER, AMERICAN RED CROSS

PART II

CORRECTIVE SWIMMING

B.S.A. Swimmers' Test
Swimming Merit Badge
A.R.C. Beginners' Test
A.R.C. Intermediate Test
A.R.C. Swimmers' Test

Course Outline

The purpose of this Course is the mastering and practicing of various swimming strokes and to know when they are best used. Also to serve as an introduction to Rescue Methods.

Instructor's Notes

Coach and pupil
method to be used
(Buddy System of Teaching)

Don't spend too much
time on turns

Demonstration and PracticeFirst phase of learning

1. Leg kicks
 - a. Crawl stroke
 - b. Side stroke
 - c. Trudgeon stroke
 - d. Breast stroke
2. Arm strokes
 - a. Crawl stroke
 - b. Side stroke
 - c. Trudgeon stroke
 - d. Breast stroke

Second phase of learning

1. Elementary back stroke
2. Strokes on front and side

Third phase of learning

1. Simple turning
2. Silent swimming

Fourth phase of learning

1. Floating
2. Finning and sculling
3. Treading water
4. Swimming under water

Instructor's Notes

Boy Scouts of America
Swimmer's Test

Rescue Skills

Shirt tail Life Saving

Explain BSA
Eight Defense Plan

Demonstration and practice

Fifth phase of learning

1. Plain diving from pier or low boat
2. Surface diving
 - a. Head first
 - b. Feet first
3. Running jump into deep water from low pier
4. Jumping from height

Front dive, swim 75 yards in good form using a standard stroke; 25 yards resting back stroke (elementary stroke). Rest in motionless float or with minimum of motion for one minute, keeping face out of water. Life Guard in boat prepared to assist with reach pole.

Sixth phase of learning

1. Wading rescue using an extension
2. Throw rescue using line or ring buoy
3. Elementary swimming rescue using a float support
4. Inflation of shirt
5. Inflation of trousers
 - a. Inflate by jumping into water
 - b. Inflate while in water
 - c. Supporting four persons
6. Bucket float
7. Shore disrobing leaping entry and rescue with shirt
8. Getting in and out life belts while in the water.

Instructor's Notes

A.R.C. Intermediate Test
(See A.R.C. Instructor's
Manual).

A.R.C. Swimmers Tests
(See A.R.C. Instructor's
Manual)

Demonstration and practice

1. With arm support, demonstrate three leg kicks (crawl, side and breast kicks) for twenty yard each
 2. With leg support, demonstrate three arm strokes (crawl, side and breast strokes) for ten yards each
 3. Demonstrate elementary back stroke for 50 yards continuously.
 4. Demonstrate 100 yards continuously swim using breast, side and crawl strokes fully coordinated
 5. Demonstrate simple racing turns for crawl and breast
 6. Demonstrate for one minute, floating motionless allow minimum movement for negative persons
 7. Scull on your back for 10 yards
 8. Tread water for one-half minute using auxiliary arm movements
 9. Surface dive and swim at least two body lengths under water
 10. Demonstrate standing front dive, in deep water level off and swim
 11. Running jump from a low elevation in deep water, level off and swim
 12. Swim continuously for five (4) minutes
1. Swim a coordinated and effective breast stroke for 100 yards continuously
 2. Swim a coordinated and effective side stroke for 100 yards continuously
 3. Swim a coordinated and effective back crawl or crawl continuously for 100 yards
 4. Swim 50 yards continuously on the back, legs alone, using either the inverted breast stroke kick or the inverted scissors kick

Instructor's Notes

Demonstration and practice

5. Demonstrate an effective turn in a close course
 - a. On the front
 - b. On the side
 - c. On the back
6. Surface dive in good form to a depth of 8 feet and swim a distance of three body lengths under water
7. Tread water continuously for one minute, using legs only
8. Demonstrate a racing start dive and continue in stroke
9. Demonstrate a running front dive
10. Swim continuously for ten minutes.

Under the Auspices of the
CHICAGO CHAPTER, AMERICAN RED CROSS

PART III

RESCUE METHODS

Life Saving Merit Badge
Scout Life Guard
Junior or Senior American Red Cross Life Saving

Course Outline

Read understandingly - Page 1 to 16 - ARC Life Saving and Water Safety Instructor's Manual.

In order to avoid constant duplication of teaching, the following outline is suggested, so as to include Life Saving Merit Badge, Scout Life Guard, Junior or Senior American Red Cross Life Saving.

To complete Life Saving Merit Badge ... Pre-requisite - Swimming Merit Badge

1. Take off from shore, from pier
See #2, 3, 4 of Merit Badge Lesson #4, Part B. #7 of ARC
Part D. #1
2. Surface Dive
See #8 of Merit Badge Lesson #4, Part B. #3 of ARC
Part D #5
3. Disrobing in 20 seconds
See #1, 2 of Merit Badge
4. Disrobe in water, swim 100
yards. See #9 of Merit Badge Lesson #1, Part 6 of ARC
Part C #7
5. Approaches & Carries
 - a. Underwater approach &
Cross chest carry Lesson #7, Part B
#1-4 of ARC, Part D, #1 & 2
 - b. Rear approach & head carry
 - c. Talking approach & tired
swimmer's assist Lesson #8, Part B
Part C, #1-3
See #2-3-4 of Merit Badge Part D of ARC
6. Defense
 - a. Block and carry
 - b. Block and turn
 - c. Pivot parry Lesson #9, Part B, #1-5 ARC
7. Resuscitation
See #7 of Merit Badge Lesson #11, Part B of ARC
Part D, #1-3 of ARC

AT THIS POINT LIFE SAVING MERIT BADGE IS COMPLETED

For those wishing to complete Scout Life Guard, the following requirements are necessary:

8. Pre-requisite ... Have completed or be a member of the instruction group for Swimming Merit Badge, Rowing Merit Badge, Life Saving Merit Badge, Junior or Senior ARC Life Saving
9. Instruct one First Class Scout for three hours in the merit badge requirements in Rowing or Canoeing, or Life Saving, or instruct one non-swimmer for three hours in swimming.
10. Make a boat rescue by acting as a coxswain. See Scout Life Guard
11. Boat and Canoe Safety Lesson #13, Part B, #11, 13
ARC Part C
12. Throw ring buoy 30 feet for accuracy - three times in one minute. See Scout Life Guard
13. Swim 1/4 mile - any stroke (to be done in regular swim areas only)
See Scout Life Guard
14. Explain Troop Swimming, on a hike, as to what safety precautions and practices are necessary (8 defense plan).
Demonstrate a chain rope rescue see Scout Life Guard
15. Know Scout Camps' Safety precautions, practices, and devices.
See Scout Life Guard
16. Explain the Buddy Plan and check system. See Scout Life Guard
Oral quiz - ten questions See "Swimming, Water Sports & Safety", BSA - 4th edition

AT THIS POINT SCOUT LIFE GUARD IS COMPLETED

For those wishing to complete Junior or Senior American Red Cross Life Saving, the following requirements are necessary:

17. Assists - Human Chain Lesson #2, Part B of ARC
Part D, #1-5
18. Submerged victim approach one minute carry and support of a fully dressed victim Lesson #6, Part B, #5 of ARC
Lesson #12, Part D, #1
19. Surface approach & hair carry Lesson #6, Part B, #1-5 of ARC
Part D, #1-2

20. Releases
 - a. Double grip release Part D, #1-3
 - b. Front release Lesson #10, Part B, #1-2
 - c. Rear release Part C, #1-5
Part D of ARC
21. Shallow water carries Lesson #13, Part B, #2
Part D, #2
22. Double drowning release Lesson #13, Part B, #5
& rescue Part D, #6
23. Examinations
 - a. Final practical problem See page #42 for Senior ARC
Page #64 for Junior ARC
 - b. Quiz ... Oral for Junior ARC - same as Scout Life Guard
Written for Senior ARC - Multiple choice and true & false test

Demonstration and practice

1. Eight Defense Plan
 - a. Each member of the course to actually take as many positions in the plan as possible.
 - b. Run several swim periods using the Eight Defense Plan
2. Eight Defense Plan
 - 1st defense - A complete medical examination for every Scout - Leader, Visitor and Staff. Heart, eyes, sinus, hernia, epilepsy. Those not fit MUST not swim.
 - 2nd defense - Qualified Troop Leadership - An American Red Cross instructor or Senior Life Saver or Scout Life Guard holding a current certificate - age: at least 18 years old.
 - 3rd defense - Assisting Troop Leadership - trained Junior American Red Cross Life Saver or Scout Life Guards; at least 15 years old. A Guard for every ten (10) swimmers. Equipped with rescue line (rope chain) made of two 50 ft. lengths of #5 sash cord.
 - 4th defense - Explore bottom of possible swim area by Scout Life Guards. Rescue lines attached or lost bather drill - look for tin cans, glass, stumps, barbed wire, rocks, holes. Mark dangerous areas. Meanwhile rest of Troop cool off, make Buddy Tags from available sticks, twigs, etc. Go over rules and understandings, signals, buddy system, swim ability.

5th Defense - Look Out properly placed at a point so he can see all swimmers at all times - good eye sight and common sense is needed - a good place for a non-swimming adult leader.

6th Defense - Ability Grouping - divide entire swim party (Scouts, Leaders, Visitors) according to swim ability.

Non-swimmers	3 $\frac{1}{2}$ ' deep area
50 footers	7 ' deep area
50 yarders	10 ' deep area
100 yarders	12 ' deep area

Count number going into water, recount on way out.

7th Defense - Use Buddy System - Each individual paired off with another individual of like swim ability. Check buddies every five to ten minutes.

8th Defense - Intelligent discipline - understandable rules. Be sure every individual knows why and then how. Be strict - but fair. No favoritism.

AT OWASIPPE PRE-CAMP STAFF TRAINING

Lost bather drill

1. Wading and surface diving drill for lost bather
2. Use of grappling hooks

In actual case of Loster
Bather Drill notify the
Owasippe Office (Program
Director if possible)
This is very important

CHICAGO COUNCIL AQUATIC SCHOOL
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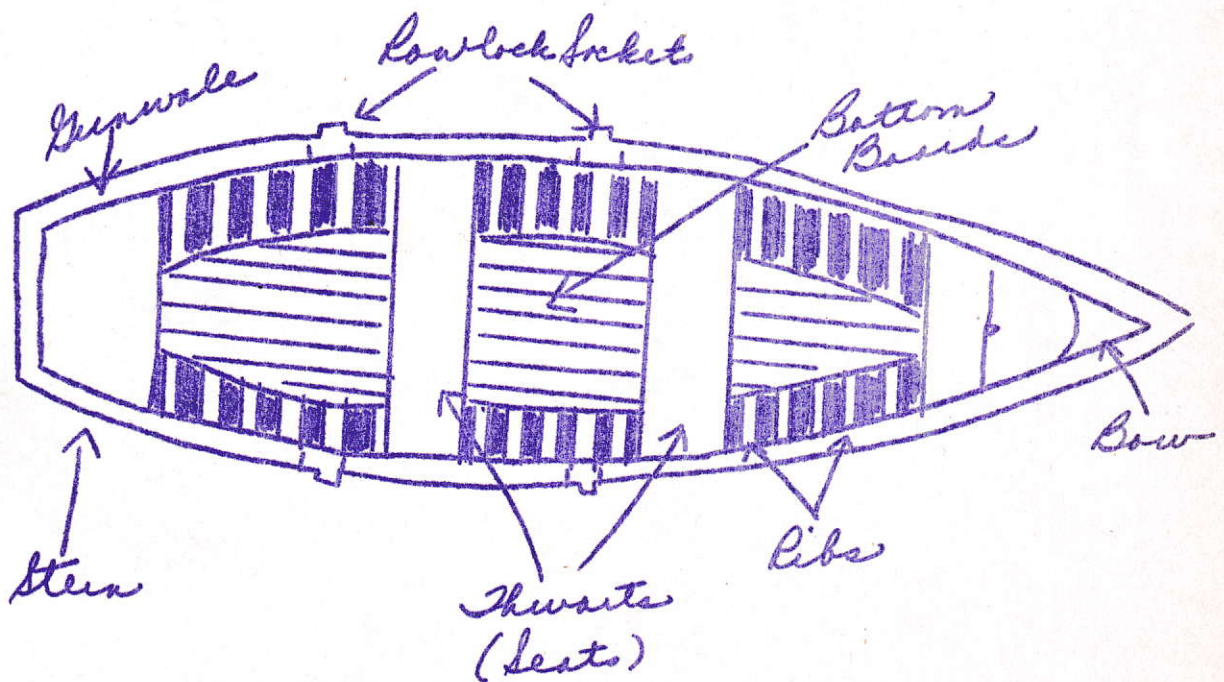
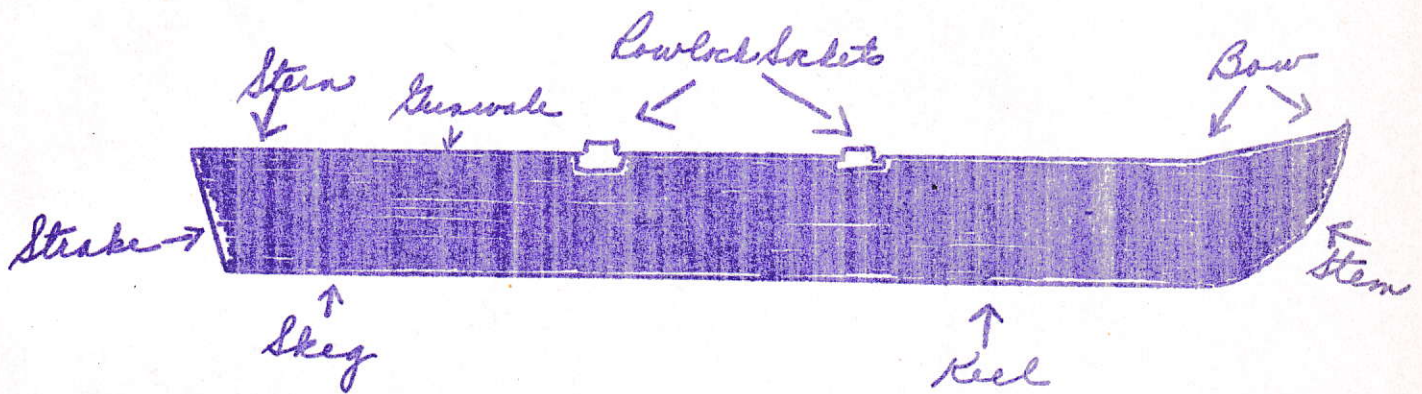
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PART IV

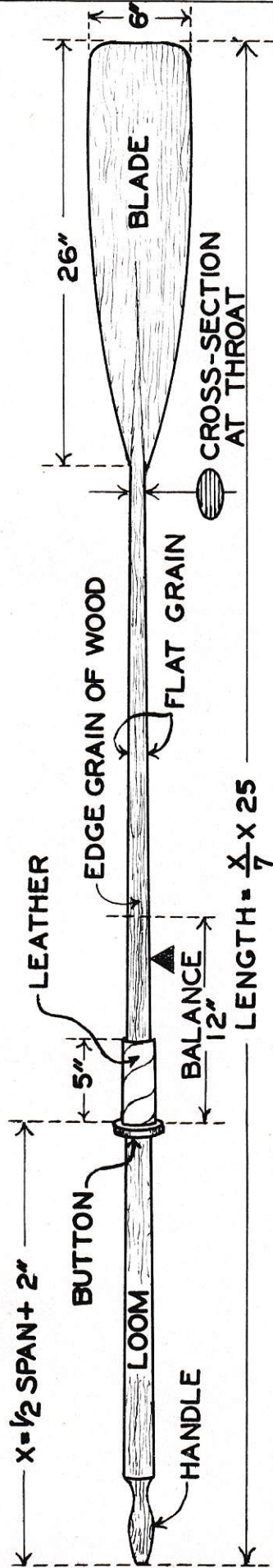
B O A T I N G

Boat Work of Scout Life Guard
Rowing Merit Badge

(To be done at Camp Kiwanis)



The clinker type of lap strake boat



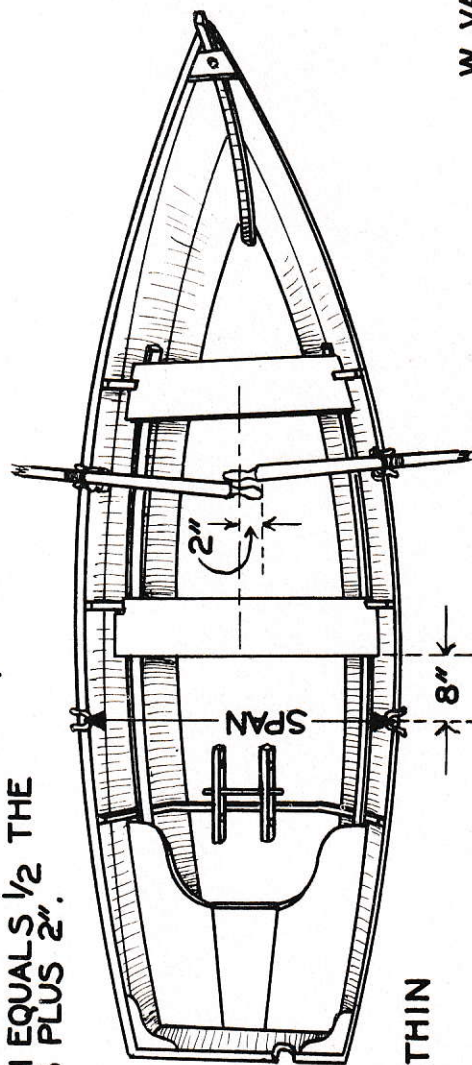
INBOARD LENGTH OF LOOM EQUALS $\frac{1}{2}$ THE SPAN BETWEEN ROWLOCKS PLUS 2".

TOTAL LENGTH OF OAR EQUALS ONE-SEVENTH OF INBOARD LENGTH MULTIPLIED BY 25.

LEVERAGE RATIO = 7:18.

DISTANCE, BUTTON TO HANDLE, EQUALS $\frac{7}{25}$ TOTAL LENGTH OF OAR.

OAR SHOULD BALANCE WITHIN 12" OF BUTTON.



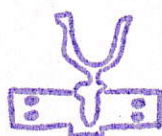
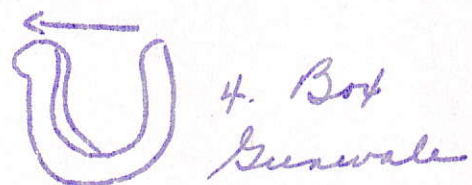
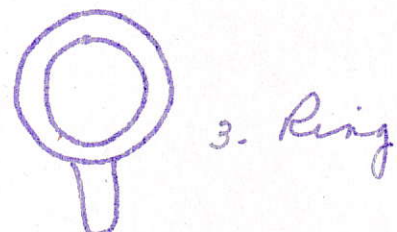
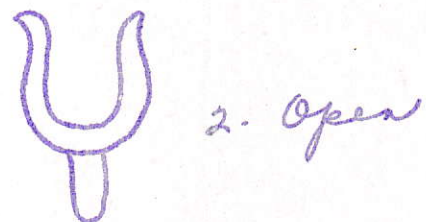
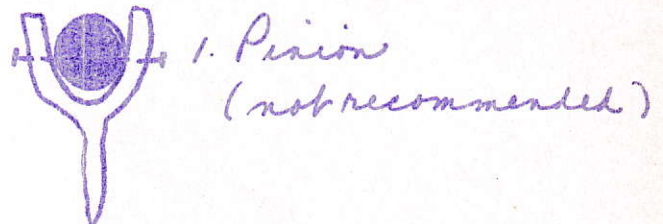
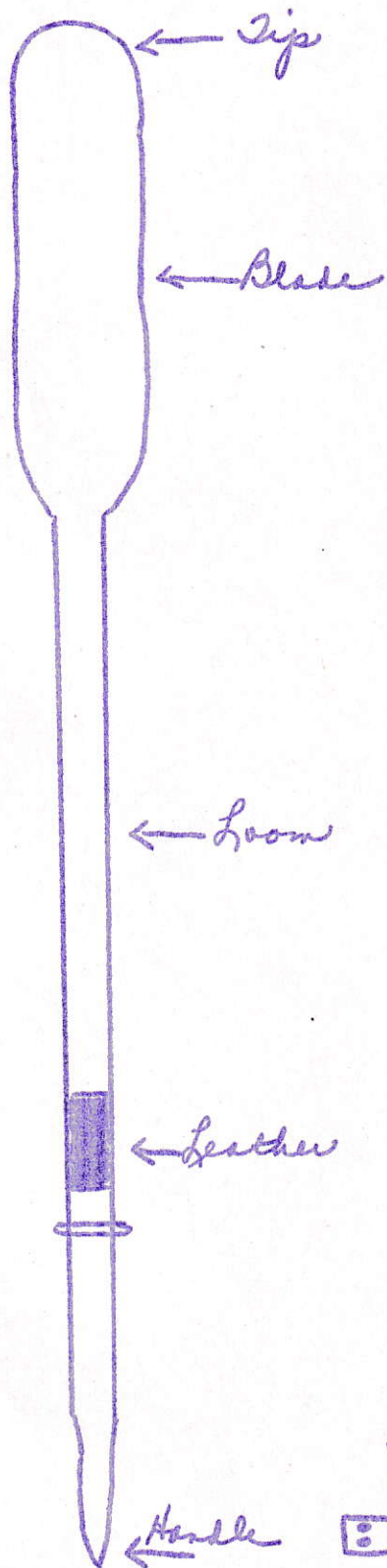
AMERICAN NATIONAL RED CROSS



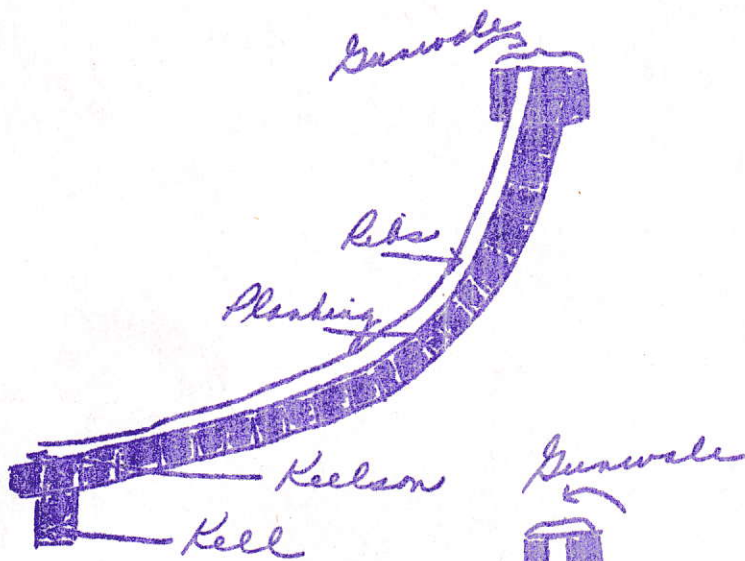
FORMULA FOR CORRECTLY FITTING OARS TO A BOAT

W. VAN B. CLAUSSEN
AUGUST 1949.

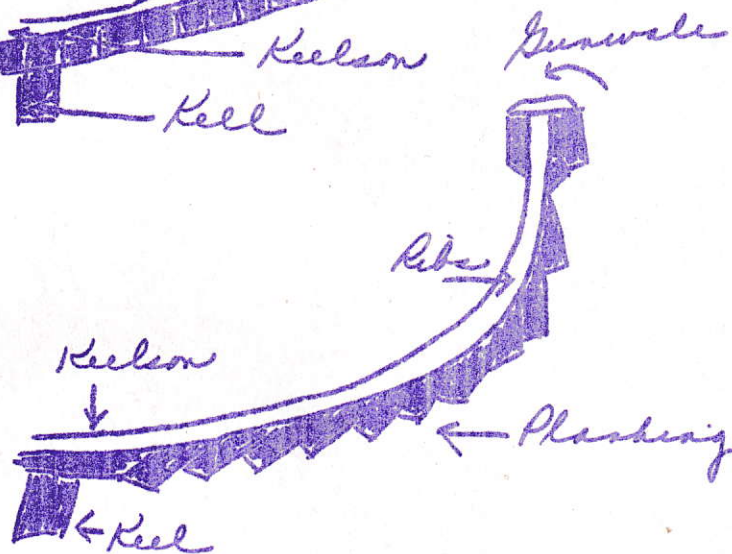
ARC 1065-15 (8-49)

PARTS OF THE OAR AND TYPES OF ROWLOCKS

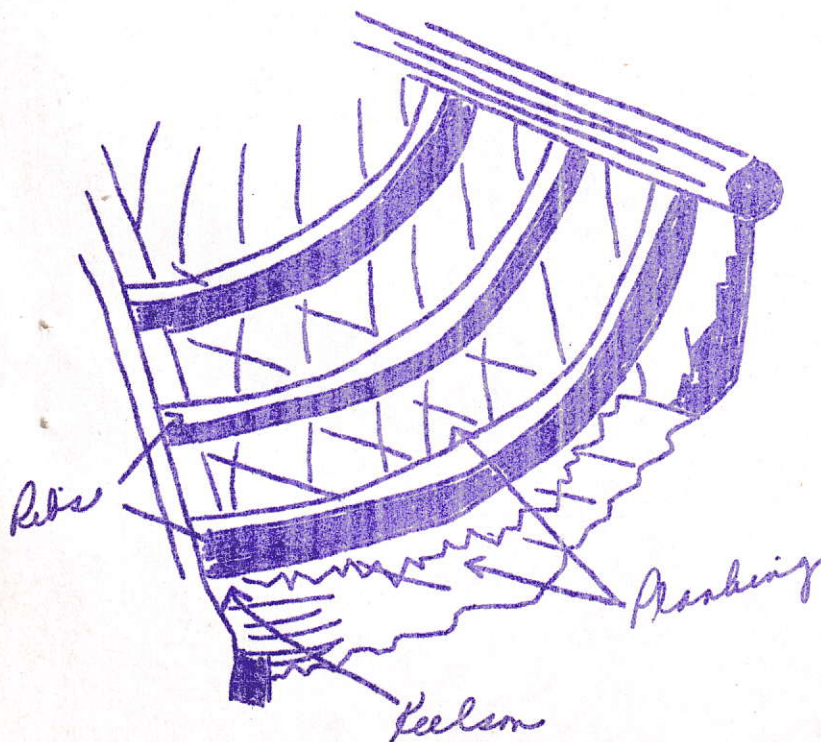
Size I
Best found in our
Camp

TYPES OF BOAT CONSTRUCTION

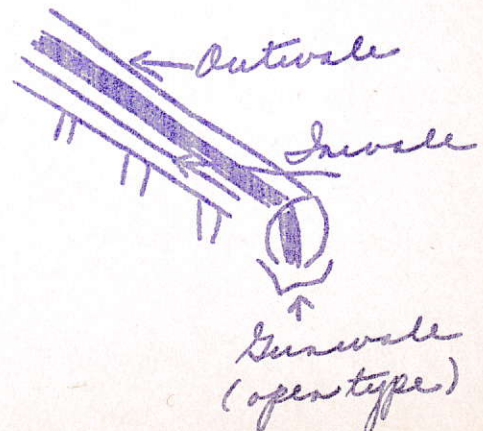
1. Carvel or Whitehall Smooth planked Caulked with cotton to make boat water tight.



2. Clinker or lap strake
No caulking. Painted over-lapping planks swell to make boat tight



3. Diagonal-built
Water-proof fabric between the layers of thin planking keeps the boat tight.



Instructor's Notes

1. Call attention to mimeographed copies of:
 - a. Boat parts
 - b. The oar
 - c. Types of boat construction

Demonstration and Practice

1. Some boat commands:
 - Stand by to give-way
 - Give-way
 - Stern all
 - Hold water
2. Launching
3. Trim of boat
 - a. single
 - b. with passenger
4. Body position
 - a. head
 - b. back
 - c. wrist and elbows
 - d. legs
5. Rowing stroke
 - a. catch
 - b. pull
 - c. feather
 - d. recovery
6. Blades - position of - in:
 - a. pulling
 - b. backing
 - c. turning
 - d. pivots
 - e. feathering
 - f. depth of pull
7. Changing position
8. Landing - making boat fast
(rack or boat oars)
9. Demonstrate use of swamped boat
for support

Instructor's Notes

1. Review weak spots of first day
2. Launching and landing
 - a. pier
 - b. beach

See Rowing Merit Badge requirements 4 & 5

Suggestion only a short time for this

Best as an evening discussion

Demonstration & Practice

1. Launching and landing
 - a. alone
 - b. with coxswain
 - c. Marking direction with hand
 - d. assisting passenger aboard and ashore
2. Using bearings to control direction

Discussion

1. Types of rowboat
 - a. fisherman's dory
 - b. St. Lawrence Skiff
 - c. Mississippi John Boat
 - d. Ship's Long Boat
 - e. Punt
 - f. Dinghy
2. Types of rowlocks
 - a. Pin - not advisable
 - b. Thole pin
 - c. Box
 - d. Ring
 - e. Open top
 - f. Davis

Instructor's Notes

1. Sculling

2. Boat emptying

Re-emphasize staying with
boat and how to use it for
support

To determine boat capacity

Length x width x depth x .6 ÷ = capacity

Demonstration & Practice

1. Sculling

- a. position of hands
- b. position of blade
- c. angle of oar
- d. holding oar down with hand
as in reverse sculling in
canoe
- e. practice blindfolded
- f. stopping boat by sculling and
draw

2. Boat emptying

- a. submerged boat
- b. empty boat
- c. bring ashore

Instructor's notes

Life Boat Crew

Discussion and Demonstration & Practice

1. Life boat crew (Oarsman & Guard)
 - a. duties, positions
 - b. use of reach pole
 - c. use of skid box

Practice

2. Two-man rescue against time without skid box
 - a. get underway from beach, stern on shore; make rescue & return
 - b. get underway from pier; make rescue and return

Boat RescuesDemonstration & Practice

1. One-man rescues
 - a. picking up a tired swimmer
 - 1) overside - climbing in
 - 2) overside - bringing in
 - b. picking up a submerged victim
2. Two-man crew rescues
 - a. picking up a tired swimmer
 - b. picking up a submerged victim
 - c. picking up several victims

If NOT breathing, victims should be brought aboard and resuscitated

Instructor's Notes

Grappling Irons

Lost bather's drill

Discussion and Demonstration

1. Grappling irons
 - a. ranges (live bearings)
 - b. care of grappling irons
 - c. body recovery
 - d. resuscitation
 - e. supplementary treatment
2. Lost bather's drill - limited area
 - a. ranges (live bearings)
 - b. body recovery

ROWINGCompetitive events

Students not actually in an event to do the officiating. However, each student shall enter in at least one rowing event.

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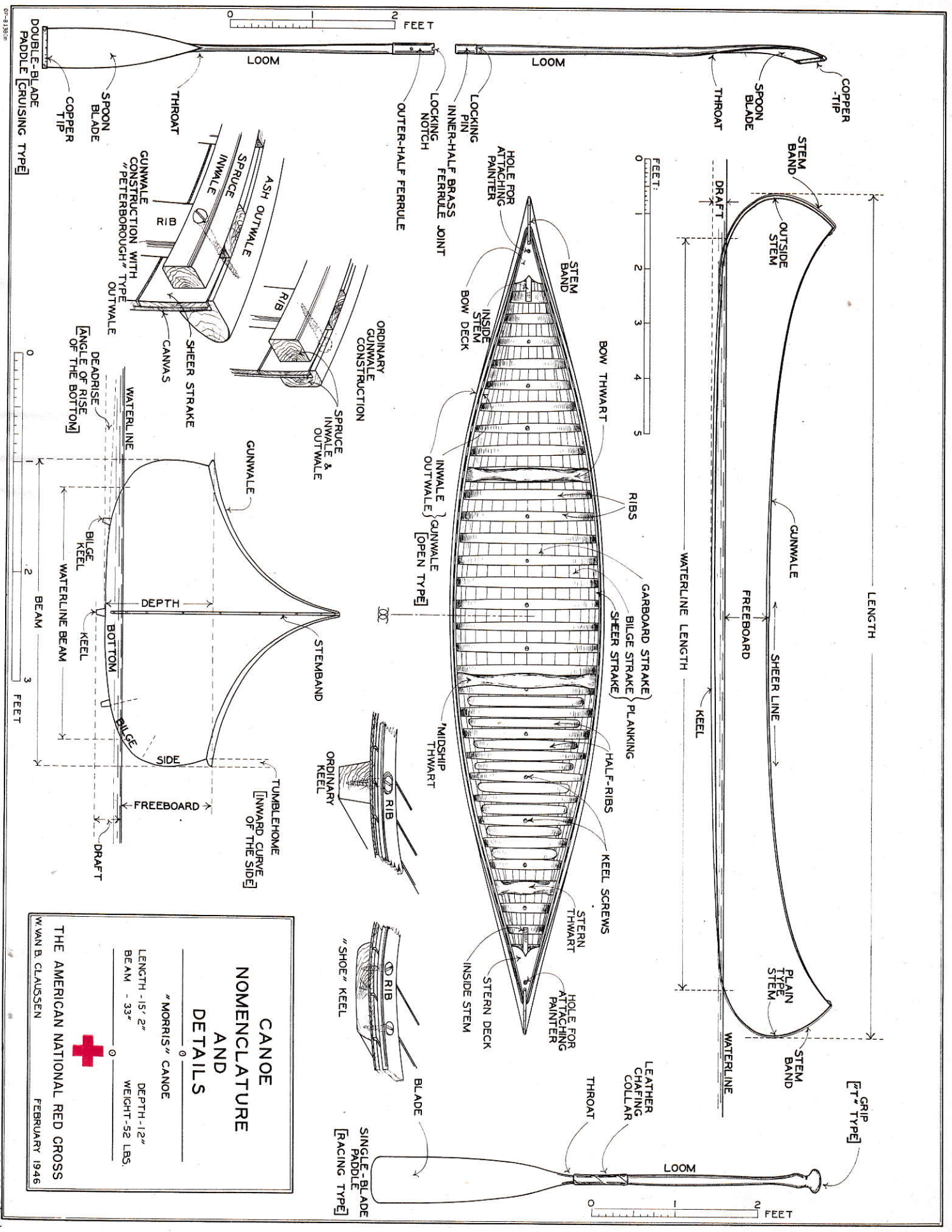
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PART V

C A N O E I N G

Canoeing Merit Badge

At Camp Kiwanis



CANOE NOMENCLATURE AND DETAILS

"MORRIS" CANOE

LENGTH - 15' 2"
BEAM - 33"
DEPTH - 12"
WEIGHT - 52 LBS.



THE AMERICAN NATIONAL RED CROSS
W. VAN B. CLAUDSEN
FEBRUARY 1946

CANOE PADDLING STROKES

PLATE 1

TO GO
STRAIGHT
AHEAD

"BOW"
STROKE

TO STOP
OR
TO GO
ASTERN

"BACKWATER"
STROKE
FOR
BOW MAN

"J-STROKE"
FOR
STERN MAN

"BACKWATER"
STROKE
FOR
STERN MAN

TO MAKE A
PIVOT TURN
TO PORT

HALF "SWEEP"
STROKE
FOR
STERN MAN

HALF
"REVERSE-
SWEEP"
STROKE FOR
BOW MAN

THE AMERICAN NATIONAL RED CROSS
WASHINGTON, D. C.

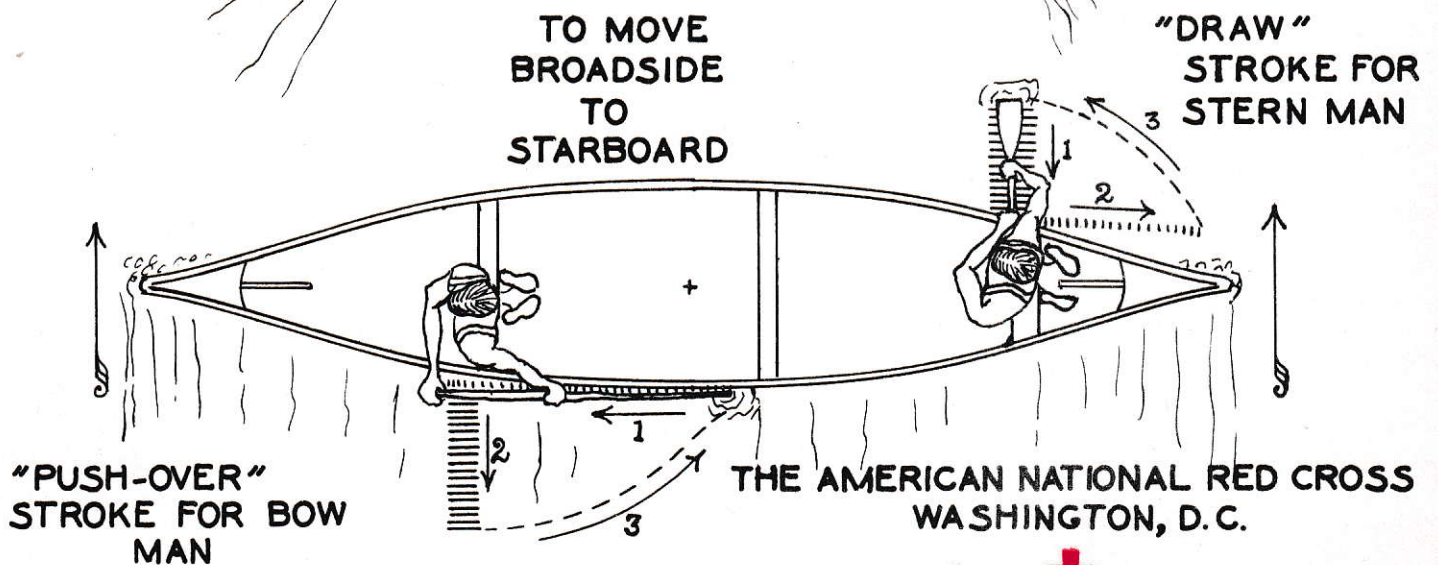
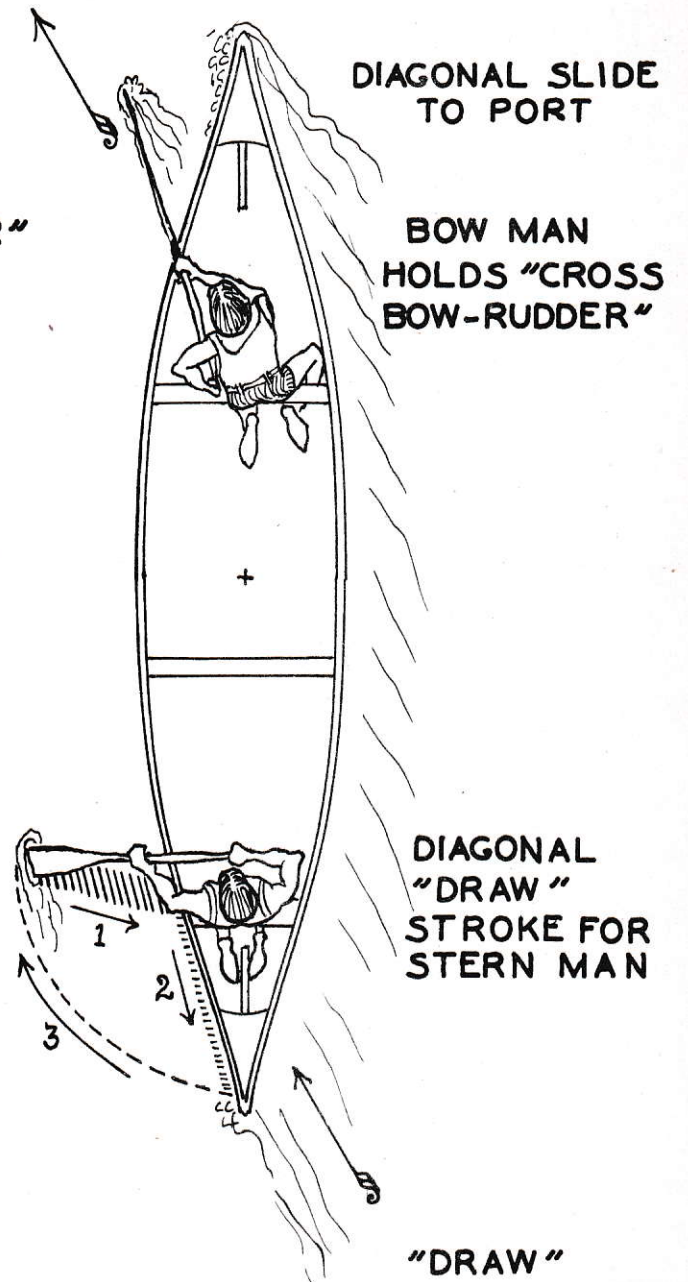
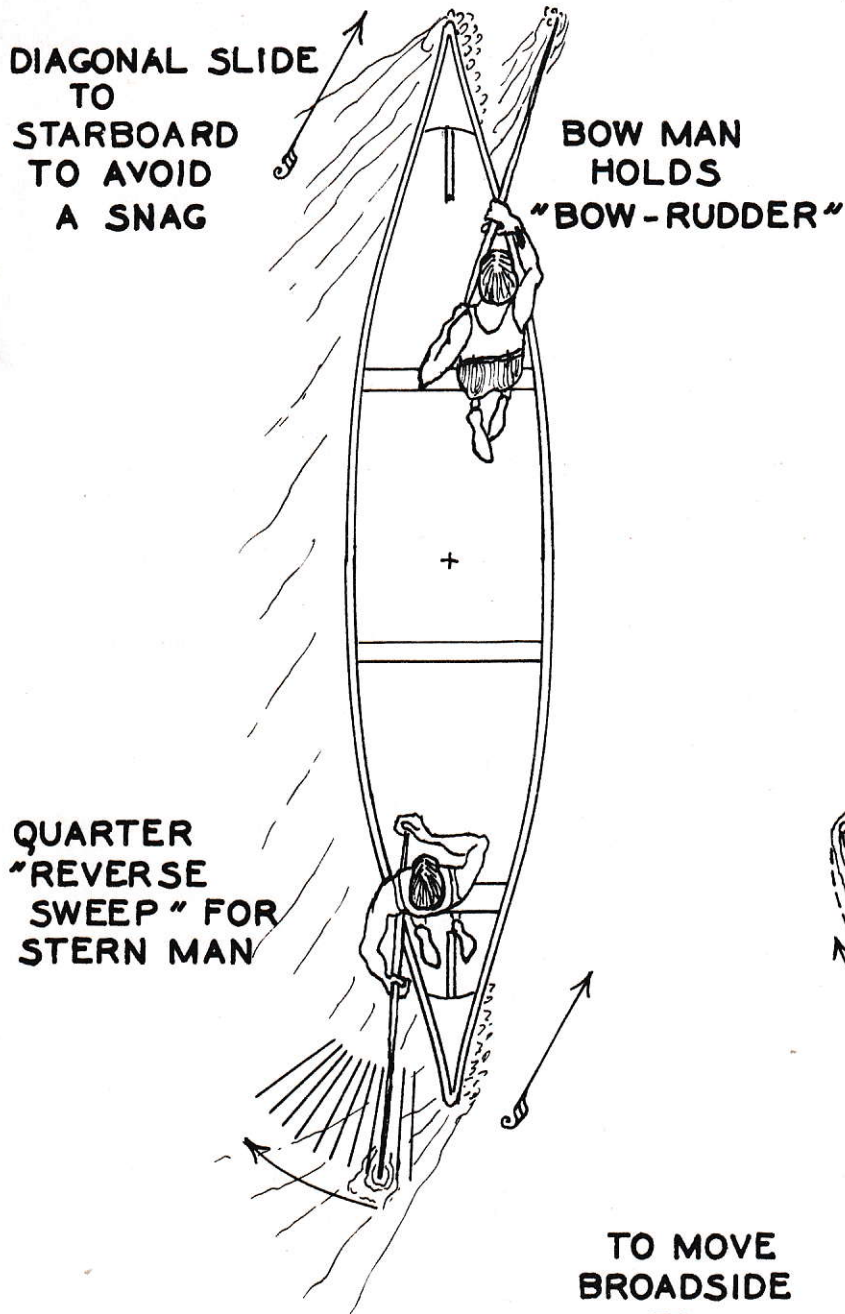
W. VAN B. CLAUSSEN



FEB. 1951

CANOE PADDLING STROKES

PLATE 2



THE AMERICAN NATIONAL RED CROSS
WASHINGTON, D. C.



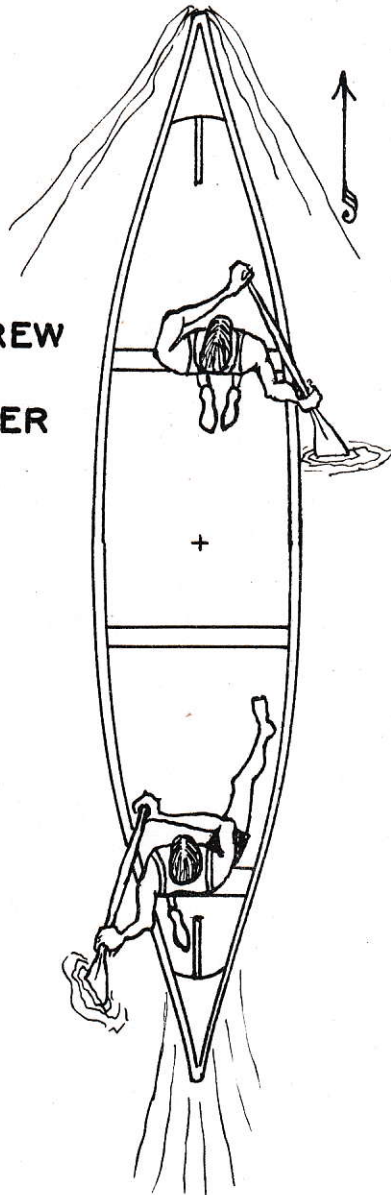
W. VAN B. CLAUSSEN

FEB. 1951

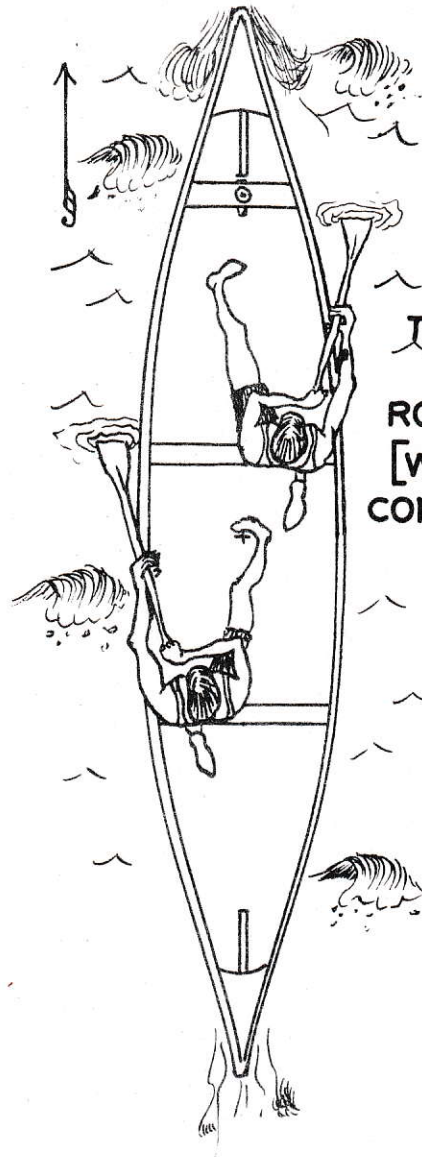
**PROPER TRIM OF CANOE
FOR DIFFERENT CONDITIONS**

PLATE 3

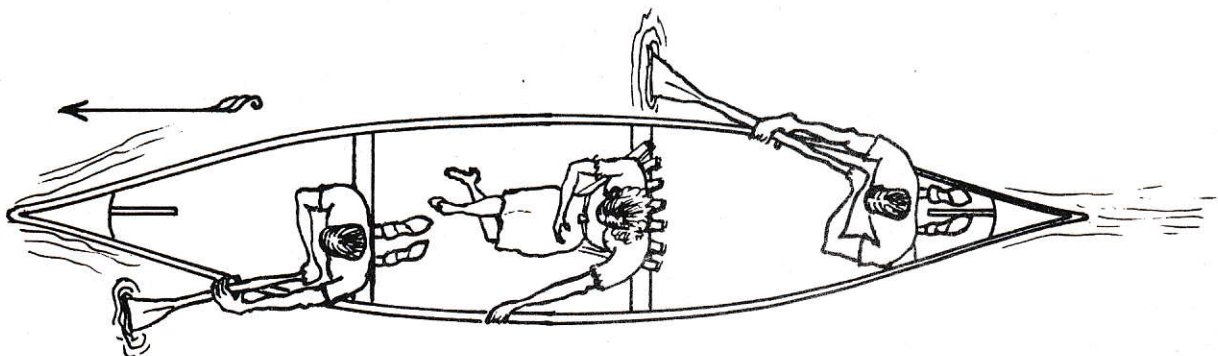
**TANDEM CREW
IN
SMOOTH WATER**



**TANDEM CREW
IN
ROUGH WATER
[WEIGHT
CONCENTRATED
AMIDSHIPS]**



**TANDEM CREW
WITH A PASSENGER**



**THE AMERICAN NATIONAL RED CROSS
WASHINGTON, D.C.**



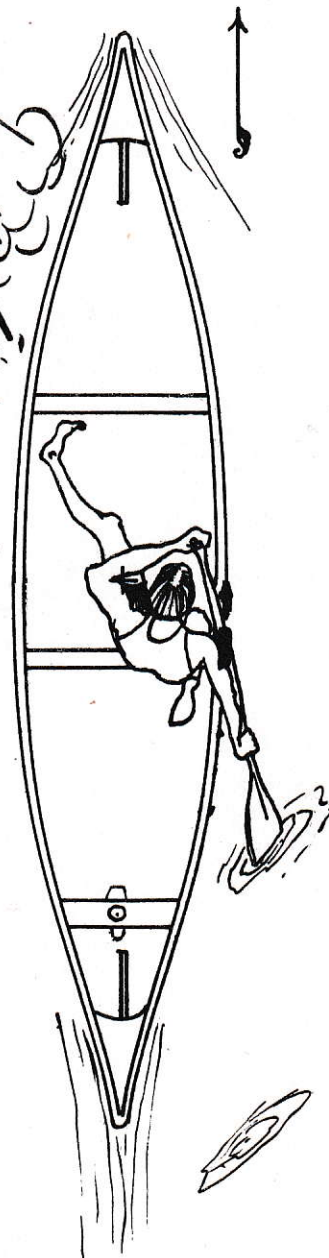
W.VAN B. CLAUSSEN

FEB. 1951

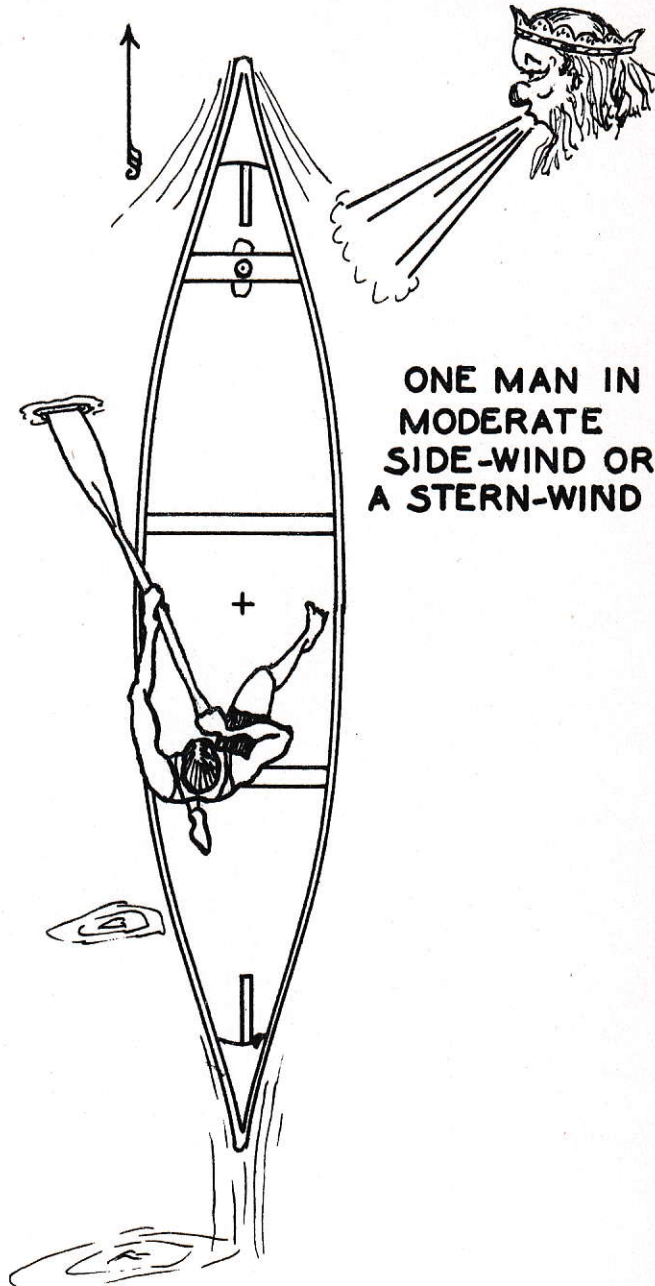
PROPER TRIM OF CANOE FOR DIFFERENT CONDITIONS

PLATE 4

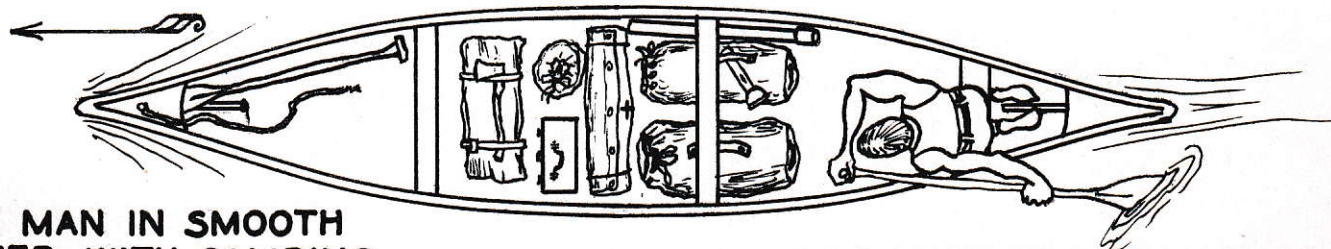
**ONE MAN IN
STRONG HEAD-
OR SIDE-WIND,
OR WHEN
MAXIMUM
MANEUVERABILITY
IS NEEDED IN
FAST WATER
OR RAPIDS**



**ONE MAN IN
MODERATE
SIDE-WIND OR
A STERN-WIND**



**ONE MAN IN SMOOTH
WATER, WITH CAMPING
DUFFLE ABOARD**



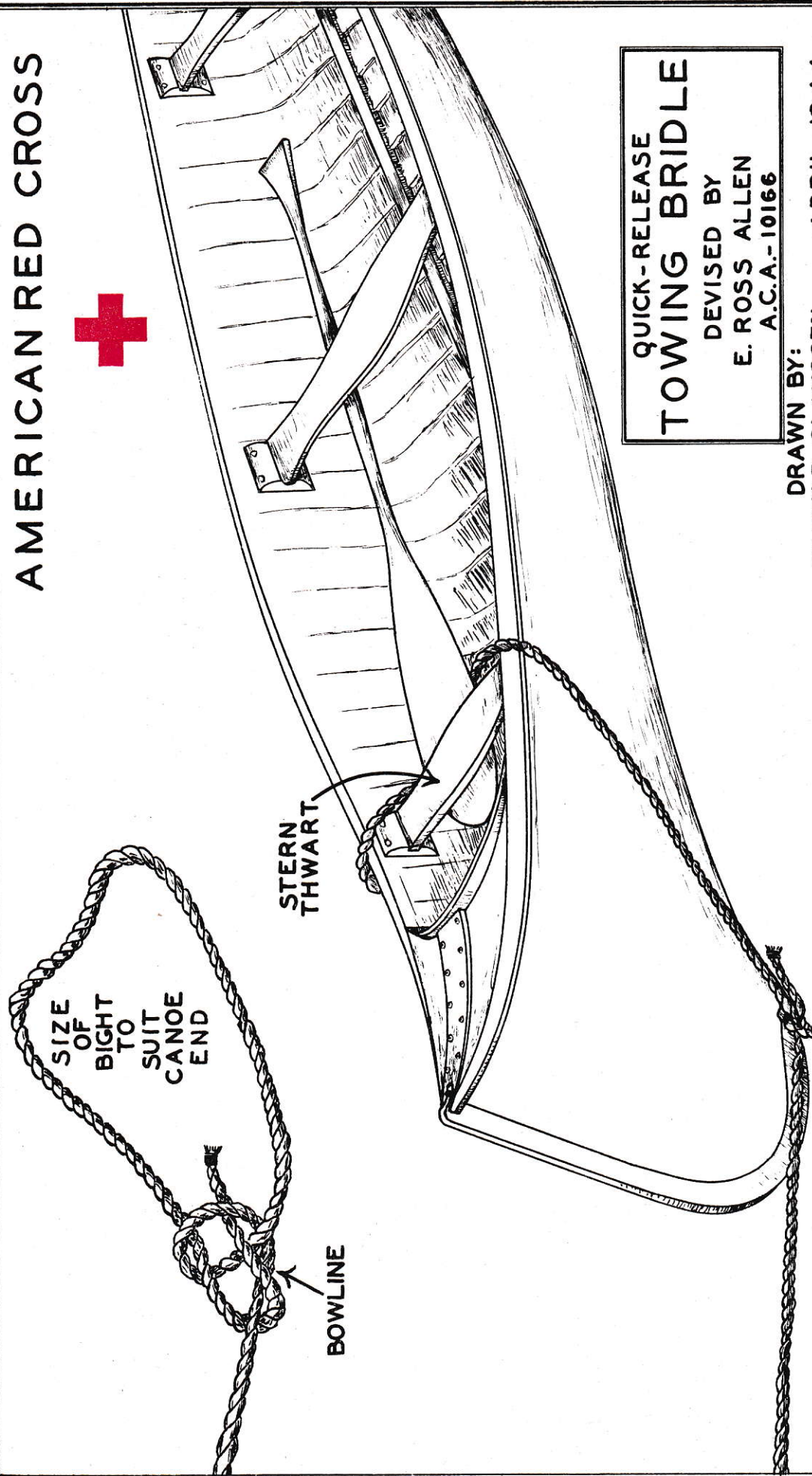
**THE AMERICAN NATIONAL RED CROSS
WASHINGTON, D. C.**



W.VAN B. CLAUSSEN

FEB. 1951

AMERICAN RED CROSS



QUICK-RELEASE
TOWING BRIDLE
DEvised BY
E. ROSS ALLEN
A.C.A.-10166

DRAWN BY:
W. VAN B. CLAUSSEN APRIL 1944

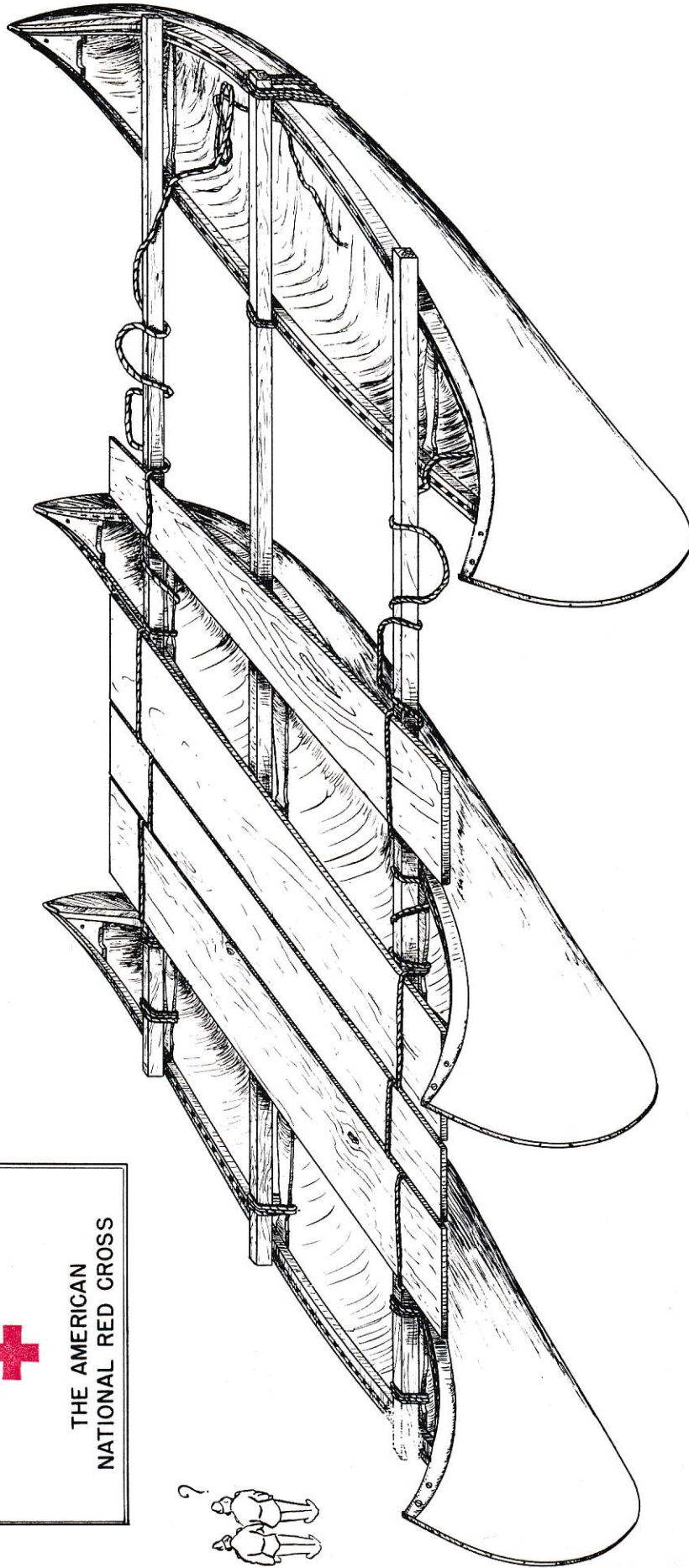
CANOE CATAMARAN

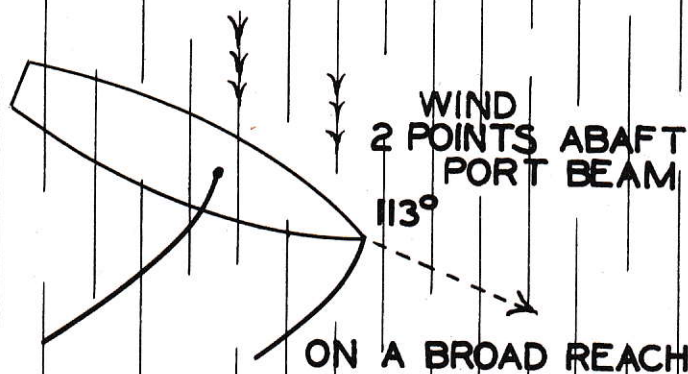
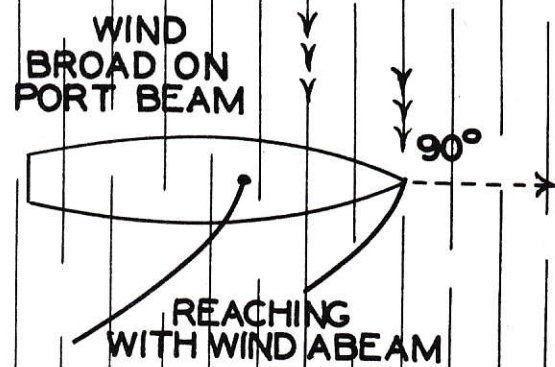
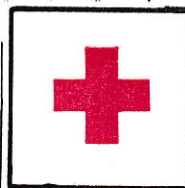
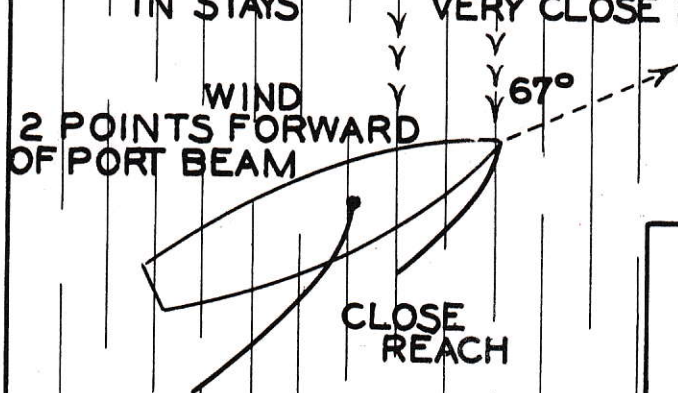
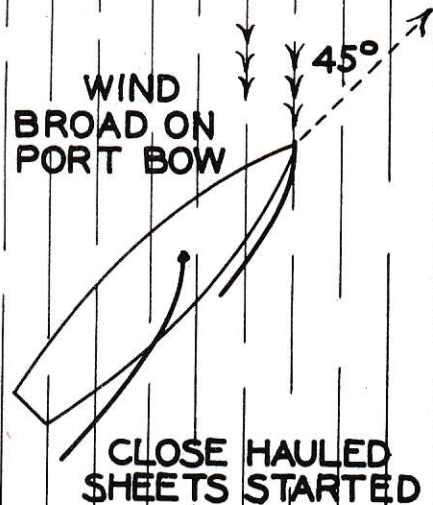
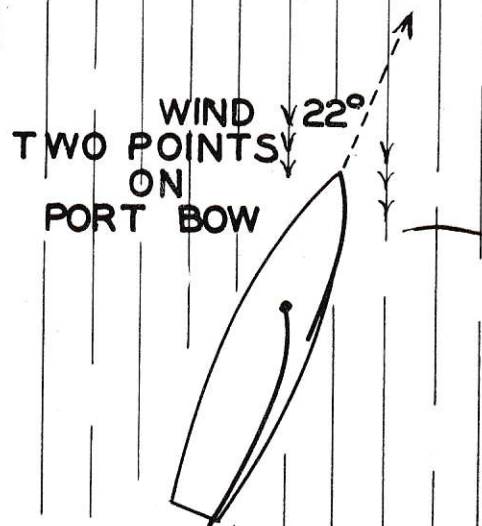
FOR
ALL UTILITY PURPOSES
AND
PAGEENTRY



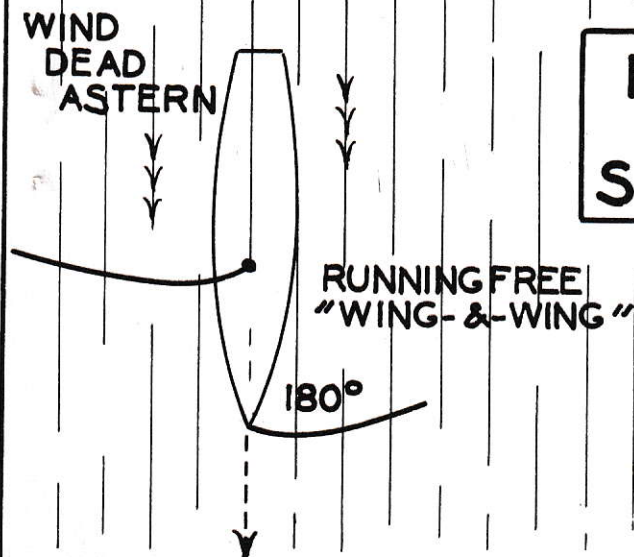
THE AMERICAN
NATIONAL RED CROSS

USE TWO OR MORE CANOES. CANOES MUST BE ABSOLUTELY PARALLEL. LASH CENTER BEAM FIRST; IF THWART IS MISSING, PASS LASHING AROUND THE HULL. LASH THE CENTER CANOE AND THE TWO OTHER BEAMS WHEN LASHING THE PLATFORM. WITH HEAVY LOADS AND CHOPPY WATER, LEAVE CANOES OPEN FOR BAILING, OTHERWISE PLATFORM CAN BE SOLID.



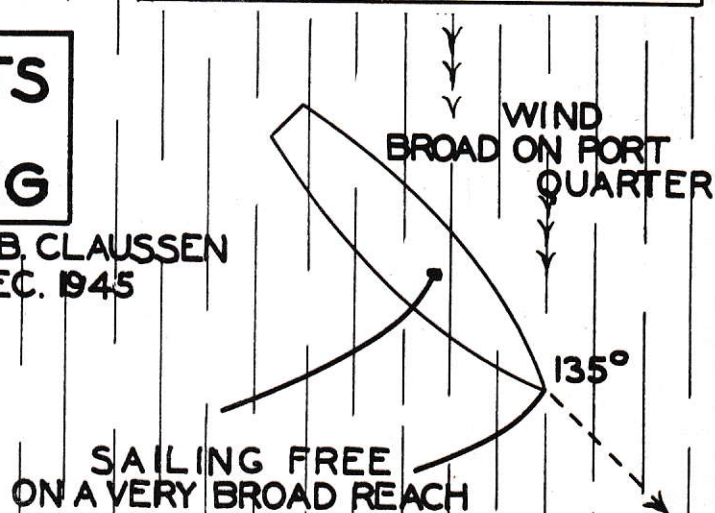


THE AMERICAN
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POINTS OF SAILING

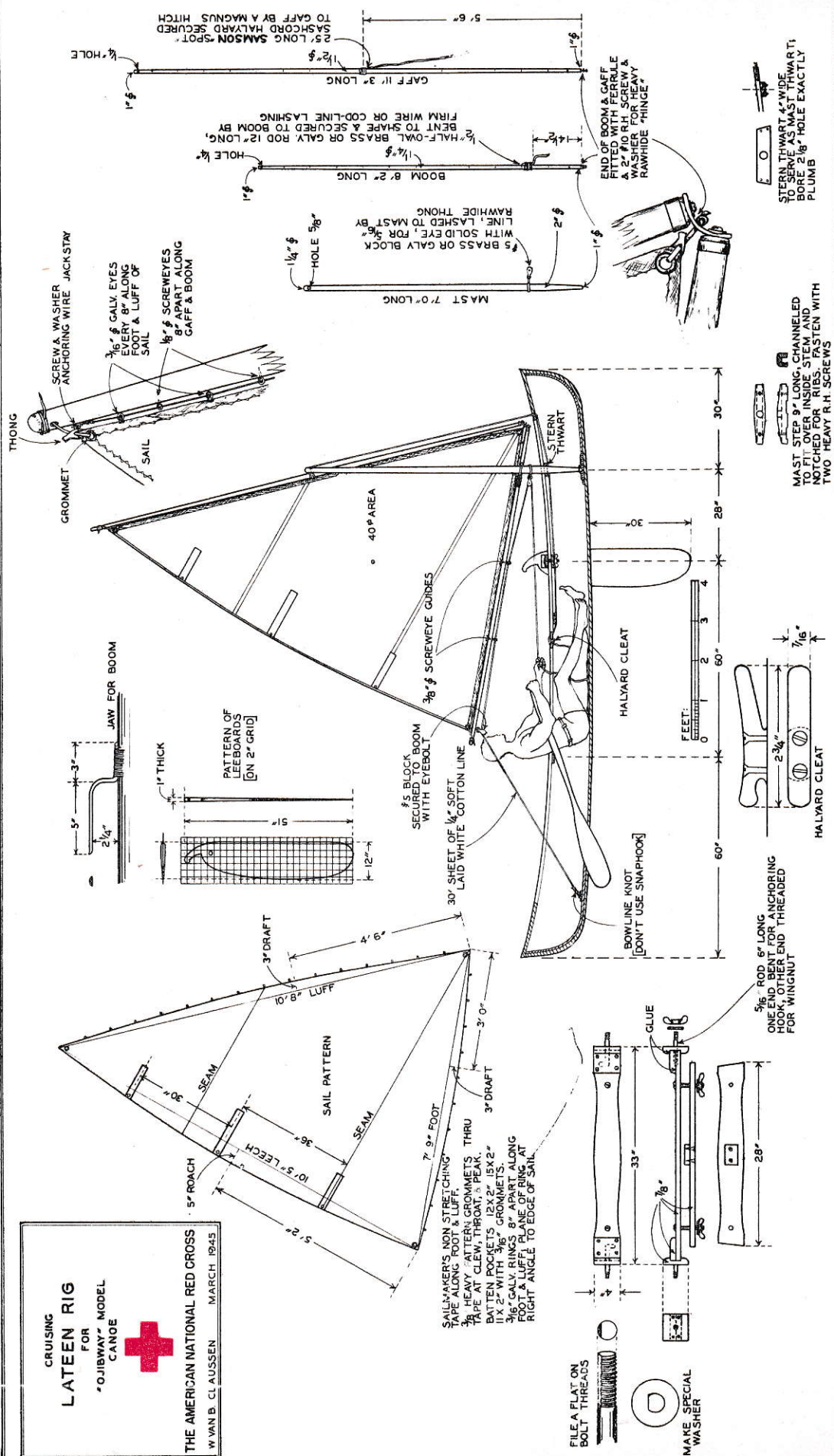
W. VAN B. CLAUSSEN
DEC. 1945



CRUISING
LATEEN RIG
FOR
"OJIBWAY" MODEL
CANOE



THE AMERICAN NATIONAL RED CROSS
WYANB. CLAUSSEN MARCH 1945



Instructor's Notes

Call attention to mimeographed sheet showing canoe and paddle parts.

Demonstration

1. Launching from shore and pier
2. Paddling position
 - on knees
 - placing of pads
 - trim canoe
3. Position of hands on paddle and position thru stroke
4. Strokes
 - a. bow
 - b. "J"
 - c. sweep
5. Hold water
6. Stopping
7. Bringing in shore and getting out
8. Canoe commands
9. Demonstrate use of canoe for support (same time as boat support demonstration)
10. Commands

Practice

1. Paddle drill in shallow water or on pier
 - a. bow stroke
 - b. "J" stroke
 - c. sweep stroke
2. Launching from shore and pier
3. Paddling position
4. Position of hands on paddle
5. Strokes
6. Pivots
7. Bringing inshore and getting out
8. Landing and racking

Instructor's Notes

Tandem Paddling

Demonstration & Practice

1. Strokes
2. Paddling straight away
3. Stopping - slow and fast
4. Pivots
5. Balance
6. Changing positions while afloat
7. Turns underway
8. Draw
9. Push-over
10. Bow rudder - cross bow rudder
11. Silent paddling
12. Canoe commands

Instructor's Notes

Crew of Four

See Canoeing Merit Badge
pamphlet (requirement #8)

Demonstration & Practice

1. Launching
2. Positions
 - a. of crew
 - b. paddling
3. Trim of canoe
4. Strokes
5. Commands
6. Turns underway
7. Hold water - fast stopping
8. Landing

Discussion

1. Emergency canoe repair kit and its use for Owasippe
2. Emergency method of repairing a broken paddle
3. Bow line painter
4. Use of a bridle for towing

Instructor's Notes

One man single
blade paddling

Use crew of four work for part
of group if insufficient
number of canoes

Double blade paddling tandem

(spend only a short time
on double blade paddling)

Demonstration & Practice

1. Launching
2. Review of all single blade maneuvers
3. Outside pivot
4. Inside pivot
5. Draw-pushover
6. Sculling
7. Reverse sculling
8. Hold water
9. Underwater recovery

1. Double paddling
 - a. controls
 - b. position
 - c. strokes
 - d. turns
 - e. draw and sculling
 - f. stopping
 - g. landing

Pre-testing for a Troop going on a
canoe trip

Instructor's Notes

Canoe rescues - 2 man crews
(one-man crew if time permits)

Canoe trip plans, see Form 138a & b
evening discussion

Demonstration & Practice

1. Picking up tired swimmer
2. Rescue, upset 2-man crew in submerged canoe
3. Rescue, a man on bottom
4. Self rescue of upset canoe
5. Canoe emptying - shaking out
6. Jumping out - holding on
7. Entry without shipping water
8. Enter submerged canoe and bring ashore
 - a. use paddles
 - b. use hands
9. Pack a canoe properly for a canoe trip

COMPETITIVE EVENTS

Students not actually in an event to do the officiating. However, each student should enter in at least one canoeing event.